



## Now deep thoughts ... with Conestoga College

Random questions answered by random students

Whose coffee do you prefer?



"Tim Horvath: It's just  
there. I can find it easily."

**Nelson Gordon,**  
first-year  
advertising



"Tim Horvath because it is  
cheaper."

**Rachel Olsen,**  
third-year  
accounting



"Tim Horvath. It's  
Conestoga Starbucks.  
I mean I make your coffee  
and it's more expensive."

**Sarah Barker,**  
first-year  
entrepreneurship



"Starbucks. It's the only  
coffee I drink. It's the only  
coffee I like."

**Melissa Demaine,**  
first-year  
business services foundations



"Starbucks. It has  
better coffee. It might be a  
little more expensive but  
it's worth it. It tastes better  
and the cups are bigger."

**Jeremy Coy,**  
first-year  
business administration  
management



"Starbucks. It is very  
relaxed and exclusive. I like  
the coffee."

**Irene Mennino,**  
first-year  
BBA



# Crime Stoppers still going strong

Organization, which has been around for 33 years,  
was started by a Canadian-born officer

By BIANE BRADON

When police have hit a road block in an investigation and have run out of leads, they sometimes look to the public for help. One way they do this is through Crime Stoppers, which has been helping law enforcement officers solve crimes for the past 33 years.

Crime Stoppers was first established when Canadian-born officer Gary MacLennan, a detective in Abbotsford, B.C., had run out of leads in a homicide investigation. He looked to the public for information. He created the first crime re-enactment and offered a cash reward for helpful information. Within hours important information

was placed in a meeting in an arrest.

From there the service has grown to 1,100 different communities, including 710 in Canada. Calgary was the first Canadian city to implement the program.

The Waterloo Region Crime Stoppers branch found themselves busy in 2007. They received 1,541 calls, which is a 30 per cent increase from 2006. The crime tips they received resulted in 34 arrests and 80 charges were laid, solving 49 crimes. As a result, 41 weapons and \$1.6 million in drugs and property were recovered. A total of \$11,365 was awarded in helpful tips to Waterloo Region.

"Crime Stoppers is not a police program," said Bruce Bristol, assistant co-ordinator of Waterloo Region Crime Stoppers.

"It is a charitable not for profit organization that is run by a volunteer board of directors from the communities in which they serve. Crime Stoppers is a partnership between the public, the police and the media."

If you know anything about a crime, you can contact Crime Stoppers by phone at 1-800-222-TIPS.

You can also contact them at [www.waterlooregioncrimestoppers.com](http://www.waterlooregioncrimestoppers.com) or by text message by sending your text to Crime 424-670. Remember the message with TIPS98.

## STRING THEORY: AN OPPORTUNITY TO CONNECT



Photo courtesy of Conestoga College

The Conestoga Student Leadership Series is a good way for students to make friends while learning about their own leadership values. For story and photos, see Page 8.

## LAST MATCH SHOW



# Two vehicles stolen from Doon campus

By SHANE BART

Quintana Report: Police said two vehicles were stolen last night, the first of two vehicles from the Doon area.

A 2015 black van stolen on the 10th between 9:00 and 11:00 p.m. while a black 2016 Ford Fiesta was stolen on the 10th during the day.

Both were parked in Lot 11 which is in front of the VEG Engineering Complex and close to the main entrance of the college on Vancouver College Road.

Security Services are asking additional patrols of parking lots and improving video surveillance in order to combat vehicle theft.

They are also requesting people to be on the lookout for suspicious persons, or objects and to report anything suspicious to police.

## 11

**Hide or remove any valuables in your car, even GPS mounts, as thieves might assume you have an actual GPS unit in the car**  
— Shannon Carty

## 11

The first advice we can give is to not make yourself a target," said Shannon Carty, a security representative at the college.

Hide or remove any valuables in your car, even GPS mounts, as thieves might assume you have an actual GPS unit in the car."

## PARKING SPACES A RARITY AT DOON



PHOTO BY SHANE BART

A parking spot at Doon College has become a rarity due to a lack of road construction making it difficult to find a spot to park and it is now difficult to find a spot to park.

# Aboriginal Services a work in progress

By SHANE BART

Although it is a long process, the college is working to develop a new Aboriginal Services unit to help get the new Aboriginal Services up and running.

Shannon Carty, who is the current Aboriginal Services Unit, said that the college is working to develop a new Aboriginal Services unit to help get the new Aboriginal Services up and running. "I was a student at Vancouver College," said Shannon. "I had seen them was a need for it."

Until recently, the only support for Aboriginal students was a building head in and away by Kelly Street. It was a support for Aboriginal students who were on campus. "Aboriginal students in addition to not only open events in the community and at local universities, we also kept an actual list of Aboriginal students. Most are currently on an individual basis."

In general, there are 15 students at the college receiving funding through funds such as the Native Birth fund. But the college is not yet receiving student data, which is not secure as a security of students.

It is difficult to know the total number of Aboriginal students at the college because if they don't receive funding, there may not be a record about them either way.



PHOTO BY SHANE BART

Although Aboriginal Services may not look very exciting now, Shannon Carty is a part of the team working to change that. "Eventually Shannon hopes that the space will have room for students to do homework and also provide them with support, not waiting and reacting within the community. We also eventually hope to have events."

Although Aboriginal Services is still in the early stages, it has a clear vision for the future.

Jessica McLean, executive director of Student Services, also worked with the project. She is currently on campus and hopes to work towards supporting students and faculty about Aboriginal culture in particular to "see what the values are." Eventually they hope to put in place an area for home

work support systems, not making, advising, support, counselling and also a ability to support students work others in the community. "I definitely see a lot of a resource area," said Shannon. "Mostly down the road we'd like to have more."

Aboriginal Services is still a work in progress. But McLean and Shannon have a plan to develop the way happens in the best future.

## Learning Skills Services

Year Study Tip #2

Practice a Study Plan

Determine how many steps until the test and how many days you need to study

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|-------------|--------------------|------------|
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| Organizing  | Managing Stress    | Managing   |
| Managing    | Managing Time      | Managing   |
| Managing    | Managing Time      | Managing   |

Learning Services is a part of the Learning Services Unit, which is a part of the Learning Skills Services Unit.



# Donating not a competition

By **KATHLEEN HART**

Since my wife and I decided that I help people around the world have better quality of life, I have been donating to the impoverished around the world.

Canada and the United States have been two of the top donors. Canadians have pledged more than \$1.55 billion as of Jan. 27 according to the *Washington Post*, while Americans have collectively donated around \$1.6 billion as of Feb. 1 according to the *New York Times*. The United States has contributed more money to the cause but they are not more generous.

If you look at the population difference between the two countries you will find that the U.S. has 305 million people while Canada has 34 million. If you divide the total donation in each country by the number of residents, you discover Canadians donated approximately \$45.58 per person while our neighbors donated \$4.56 per person.

This is something to be proud of, but as true Canadian fans we it is not something we brag about. In the U.S. on the other hand, it is front page news. These weekly brags are all over the web and in newspapers. Canadians you need there are donors on how much they have given.

Some believe that competition is an attempt to divert attention from the long debate that the U.S. is warring. Think of all the good we are doing, we are helping them. Please stop paying attention to all the bad we have done to them.

Others think the more attention given to Haiti, the better. Others remind people not to forget the countless suffering taking place there. Others in turn encourage them to donate.

When my old grand mother-in-law died, she left a modest fortune worldwide and I took her money to help the cause. I donated it in seven weeks and it is a mortgage commitment going. It is estimated it will take 10 years and \$10 billion to get it all back on its feet.

So the United Nations says overall, pledges total \$1.5 billion. A lot of money has already been given, but a lot more is needed. While we should be proud that we are doing our part, we should also be proud of how the world has responded. The future of Haiti depends on a united worldwide effort, and Canada and the United States are leading the way.

The views herein represent the position of the author per me necessarily the author.



Helping Haiti has to be a united, worldwide effort

## Senior citizens deserve everyone's respect

*They have a lot to offer*

Because it seems to me, you missed the way they should. They have spent many years on this earth and yet they receive little respect. I have noticed that older people in our community are not being properly. We think them as people they don't want to be told in many cases, forget about them all together. Senior citizens should have the best that the world has to offer because they have earned it.

When I was younger, I volunteered at a nursing home. I would guess the residents were sad and they would just live it.

For a lot of the history, I was the only male they ever had and they were so happy to see me.

Knowing that they would sit alone in their rooms all day long would just break my heart.

Many other facilities have the elderly. People feel



**Nicole Spoke**

as they are near and they treat them like royalty. They are pampered and taken care of and I think Canadians should do the same.

The elderly tend to be seen as a burden on society and I think this is disgusting. The older you are, the more you know and understand the world and we should value this as an asset.

The people of this town speak in the possible closing of the Ministry Centre for seniors at Kitchener. The centre is a place for seniors to get together and maintain. There are various programs, card tournaments and many

other fun activities. The City of Kitchener is thinking of closing the centre because it costs \$100,000 a year to operate and also needs many renovations. I can't believe that city officials aren't willing to invest in this centre. Seniors deserve a place that they can go to have a good time and relax with their friends. If anything there should be more places like this.

Whether a person is poor or rich when they reach a certain age they should be taken care of.

The government should make sure seniors have enough money to live a rich and comfortable life as well as places to go to enjoy their lives.

Young people don't see it as much to get enough. I hope by the time I am 50 years old I am able to live in a place as I can live the life I deserve.

## Letters are welcome

**Spoke welcomes letters to the editor.** Letters should be signed and include the name and telephone number of the writer. Letters will be posted and for verification.

Unassigned letters will be published. Letters should no longer



than 500 words

Spoke reserves the right to edit any letter

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# Students satisfied with housekeeping

By MICHELLE SCHMIDT

"Thank you cleaning staff for all your hard work and dedication to keeping our school clean. It is greatly appreciated."

This was one of the many positive comments written on the 1,000 feedback pages sent out to students. The survey was mailed out to 1,077 students and 90 per cent of those rated housekeeping as more positive overall. This survey was also the first time that the school was rated as a positive one in the cleanliness of the classrooms.

There is still a long way to go with the results and Housekeeping staff will continue to work hard to keep the school clean.

Chris Hargreaves, resident manager of Martin's Services, was happy to hear responses to the survey. "It's great

to hear that our WorkLife team is improving the process."

But he hopes to make changes to the short evaluation tool including adding a not applicable option to the questionnaire for students who don't use particular areas of the school.

The survey could be filled out by students at any of the campuses. Data received last response while Martin's Services was at the school.

We'd like to see more from this as well. There is a lot more to be done in each campus and Housekeeping.

Some comments left by students at the end of the survey were not related to housekeeping, but Hargreaves and Purdy were able to forward them to the correct department.

Hargreaves wants to emphasize that it is a long-term process to improve the quality of the school's environment.

People don't want to wait for the cleaning staff to come. They want to see the results of the cleaning staff's work.

Chris Hargreaves, resident manager of Martin's Services, was happy to hear responses to the survey. "It's great



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PHOTO BY MICHELLE SCHMIDT

A recent housekeeping survey found that 90 per cent of students who participated in the evaluation were satisfied with the cleanliness of the college. The cleaning staff from Martin's Services works hard to keep it that way. They include left to right: Mark Yellin, Rhonda Higgins, Mark White, Chris Hargreaves, Jenine Miller and Phyllis Davis.



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# Enjoy cultural diversity week

By MICHELLE HANNIGAN

This morning you should get down your register and two business cards and look in to the community arm and make checks on Cultural Diversity Week, which is running from Feb. 8 to 19 at the UCC Centre.

The Student Language Resource Centre and World Cultures degree course students will be giving lessons to host the Campus Service Learning Activities, which include interactive games, activities and displays from Monday through Thursday at the Student Life Centre.

Monday will also see a multi-cultural fashion show which is being hosted by a group of student volunteers.

"They're really going with the biggest theme of integrating Canadian culture into the world as they'll be hosting some Canadian students accompanied with multicultural traditions as well," said Student Life programme Ryan O'Neill.

"They're getting recognition to become more of the clothing, from different backgrounds and the really wanted to see what they come up with."

The show is set to kick off at 10:00 a.m.

Thursday, the recreation and leisure students will be having a Place for Business for High school Students can purchase a paper cupcake on the upper level of the Student Life Centre (614) and see for a large on the lower level in the Student Life Centre.

Last year, the press was on fire.

"All of the money will be going to the Red Cross for Haiti relief. It's great because we want to be able to celebrate and embrace the cultural diversity but I think we also want to be aware of what some of the things happened within the world as well. There's a great way for us to get back," said O'Neill.

The interactive booths and displays will continue through Wednesday. On Thursday a Community Dance Club performance will take place at 12:30 p.m., and on Friday the 2010 Olympics will be playing all day at the UCC.

Many of the events on campus will be taking part in Cultural Diversity Week. The Leisure Resource Centre will be putting on displays showing the similar message in different cultures and the same in leisure will be offering some leisure new programs from around the world.

"The Learning Community will also be having a construction call on day during the week."

"It's an opportunity for us to show that there is a lot of representation of diversity in our community, and that we're really wanting to embrace and celebrate the wide diversity we have on our campus," said O'Neill.

Students who would like the opportunity to learn something new will get that chance at the Student Life Centre, where they can explore their talents and their passions on paper-based activities.

## CHILLING TEMPERATURES CREATE A WINTER WONDERLAND



PHOTO BY SARAH MAGNUSON

The cold weather adds a layer of coziness to an icy winter. The temperature is supposed to drop at the beginning of the week but rise toward the end.

### CELEBRATING CULTURAL DIVERSITY Week

February 8th - 12th

at Student Life Centre

**Monday through Thursday (12:00pm-2pm)**

**INTERACTIVE GAMES, ACTIVITIES & DISPLAYS**

Learn about different cultures through interactive games, activities and displays.

**On Thursday, February 11th at Student Life Centre**

**Monday (12:30pm)**

**INTERCULTURAL FASHION SHOW** Hosted by Student Life Centre

**Monday (12:00pm)**

**PLANT INCUBATOR FOR SALE** Supporting the Student Life Centre

**Thursday (12:30pm)**

**DANCE PERFORMANCE** Hosted by Student Life Centre

**Friday (12:00pm)**

**2010 WINTER OLYMPICS PLAYING IN THE STUDENT LIFE CENTRE**

**All Week on Campus**

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- How to find information on careers and education
- How to find information on careers and education

Thursday, February 11, 12:00 - 1:30 p.m.

Friday, February 12, 12:00 - 1:30 p.m.

Space is limited, so sign up early!

### Career/Educational Planning Workshop

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- How to find information on careers and education
- How to find information on careers and education

Thursday, February 11, 12:00 - 1:30 p.m.

Friday, February 12, 12:00 - 1:30 p.m.

Space is limited, so sign up early!

## Career Advising

Student Life Centre  
Room 1A02  
(905) 746-5311 ext. 220





# HOROSCOPES

Read by Asha K. Bhat



**Aries**  
March 21 - April 19



**Libra**  
September 23 - October 22

This weekend you will be hit in the head by a falling street sign. This will lead to a very successful lawsuit against the city.

A couple of girls will snare you. The only way to chase them off is their relationship ends means the Twilight books.



**Taurus**  
April 20 - May 20



**Scorpio**  
October 23 - November 21

You will cut a meal at a restaurant. You never will remember to donate a barrel of years and that night the will come over to your house.

At some point during the week you will get into an argument with an eighth year old on the subject of Transformers. Try to remain calm.



**Gemini**  
May 21 - June 21



**Sagittarius**  
November 22 - December 21

You will be shocked to see two chocolate holding each other with glass bottles. Don't worry they are in last mode of organ repair.

You will be struck in the chest by an orange gold ball. It seems the game of soccer gold is popular in just one. Good luck with that.



**Cancer**  
June 22 - July 22



**Capricorn**  
December 22 - January 20

At some point during the week a barrel of increasing Vikings will attack you at your house. This is why it is a bad idea to drink water.

On Monday a screaming toddler will enter your home wearing goggles. When the parents will enter afterwards wearing goggles. You lost the gun.



**Leo**  
July 23 - August 22



**Aquarius**  
January 20 - February 18

On Thursday a couple of human reverses computers will attack you at the middle of the day. It would be wise to carry some goats.

On Friday evening you will get into an argument with someone close to you about the something Thanksgiving to you. Try not to die.



**Virgo**  
August 23 - September 22



**Pisces**  
February 19 - March 20

A group of speaking very pale, will reveal your secret at some point this week that someone who is not someone will quickly destroy them.

Someone will begin tell you your phone constantly saying how annoying you are. He will explain that he is a person bothering. He is an idiot.

Nick Drake is a second year journalism student who makes these up for your amusement.

## By SARAH MACINTOSH

If there's any right time to compare your closet, it's now. And instead of throwing out all the old jeans you don't want any more, bring them to an Acropolis clothing store and make a difference in someone's life.

The plan is to hold a T-shirt for Jeans event and to donating all the jeans collected to local homeless men. Donations as well as donating 1000,000 pairs to Haiti as part of the earthquake relief effort.

Acropolis will match the first 100,000 donated jeans with new jeans.

Charles Velezales, a first-year general arts and science student, believes a lot of people are willing to help out victims in Haiti but just don't know how to get involved.

"I think it's a good idea and a good way for people to get involved with Haiti efforts," said Velezales. "It's an easy way to show to and make a difference. I think that everyone in Haiti will appreciate the help."

The event started on Jan. 29 and ends Feb. 28.

Every pair of jeans you donate, you get an additional 50 percent off a new pair of jeans at Acropolis. The jeans collected must be gently used.

Kristen Kowalski, the merchandise manager at Acropolis in Fairview Mall, said on just over a week their store has collected approximately 225 pairs of jeans.

The results are not becoming as phenomenal, she said.

## Winter camping 101

Students learn to survive in freezing temperatures

### By KIMMY HANCOCK

If you love the outdoors and camping, last winter outdoors because of the cold, there is a Conestoga wilderness education program for you. Students will be taking out-

posts in the wilderness. When told about the winter camping program most students thought it was a great idea.

"It's interesting because I never realized that there was an easy way to get people doing in-



## Conestoga students are not the only animals in town

from Wednesday, Jan. 12 to Feb. 17 and 28. The cost is \$150.00.

David Arnes has been teaching outdoor programs in colleges including Hunterdon, Somerset, Middlesex, Rutgers and Conestoga for more than 30 years. He also teaches programs at universities and community district school boards.

The mission of WCE survival school is to promote safety, climate, encourage enjoyment and adventure, develop team building skills and enhance healthy physical and spiritual health. Every year it is estimated that hundreds

also set up winter camping gear, clothing and footwear properly and pack the correct water and food requirements for subzero temperatures.

Students will have to plan their own transportation to get to the winter camping site as well as provide their own food. Partial wilderness is available.

Students have two days left to sign up for the winter camping experience. To learn how to register go to the wilderness center or even contact your outdoor education program up to 50 out the program form.

kind of recreation are with technological advancements available just 5 years ago.

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Caporal JONATHAN FULLARTON



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## Get into shape at rec centre's noon fitness class

By Lisa Buckner

Last week the recreation centre started offering a noon-hour fitness class on Wednesdays.

"I hope this will allow more students to participate in physical activity," said Elaine Stevens, coordinator and instructor of the fitness and health promotion program who is instructing the 60 students on the class. "It could be open to other area staff not getting some exercise in their lunch hour."

The first three different fitness class elements start, up with step then cardio, weighted high/low impact aerobics and finishing with muscle conditioning.

We used to offer classes everyday at lunch and Kate McCartney, athletic technician, said that with most of the police foundations and fire fighters classes going on there it is hard to prepare it, as well as schedules of instructors. We would like to get back into it and offer more, but it all depends on what is available and who is available to instruct the class times.

The noon-hour try fit class will run as a trial basis. If people show up, the recreation centre will keep on with it, but if people don't, the class will be cancelled. McCartney said they may try offering another type of exer-

cise class before cancelling the lunch class all together.

"This lunch hour going to work for everyone," said McCartney. "But for this part to also, it is better than when we will work for us."

Stevens, who will approach to lead a daily fitness class that has been meeting fitness classes for 12 years and is installed through Canadian Fitness Professionals (CNP) Program, nationally recognized organization which certifies group fitness instructors.

Stevens is excited about this opportunity, not only because it benefits the village she said, but her fitness and health promotion program students can also see a class in action. "As a part of my curriculum the students have an opportunity to learn how to teach fitness classes. So it is important for them to see me do it, so they can have an example of what a group fitness class should look like."

Stevens teaches a noon-hour class will be added to the schedule and said "We are going to see how we will add some more."

Students can participate in the fitness classes for free because they have already paid a registration fee and staff must have a membership. You don't need to register classes are drop in.

## OPEN MIC NIGHT CONESTOGA'S OWN TALENT SHOW



Photo by Mike Wozniak

Students bringing musical talent on a recent Wednesday evening were treated to an open mic night at the library.

## WE'RE READY FOR SOME WARMER WEATHER



Photo by Brian Hall

The Speed River north of Ganarong is almost completely frozen. Recent cold weather has frozen many lakes and rivers throughout the region. Temperatures will remain below freezing this week, with the possibility of snow on Sunday and Wednesday.



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# Backbone vs. wishbone



Para-Olympian Daria Stiles looks up her silver and gold medals after talking to Conestoga athletes in the pool on Jan. 26. She competed in swimming for Canada at the Sydney and Athens Games.

## Two-time para-Olympian swimmer challenges Conestoga athletes to push themselves

By CHRIS DOMAN

Daria Stiles walks with a determined look in her step as she takes her place in front of our news of today's Olympic news: members of the Conestoga athletes' teams at the pool on Jan. 26.

To someone who didn't know Stiles, a confident swimmer who was lucky to be able to propel through water could have been nothing more than a mere joke. But that was not the case.

The two-time para-Olympian swimmer had her leg amputated above the knee as a child after a burning accident. Now she trains coaches and swimmers for inspiring stories of determination, perseverance and victory.

She started her talk with a story she keeps with her every day of her road to victory.

"Never build a wishbone where your backbone is supposed to be," Stiles said.

The theme of her speech, and her life, focuses on that quality: staying true to a goal who was faced with getting the most out of his existence, one day at a time.

It is such a simple life that someone as such a powerful swimmer at such a young age may not believe in luck or the possibility of success. It is almost unbelievable the amount of work Stiles put in to be a champion.

For years of Stiles' life, it was in the pool and plenty of athletes.

"It didn't just happen for me, it took a lot of wishbone," she said.

Her first National didn't go the way she had expected, the way she had hoped... wished.

"No matter how strong your backbone is, sometimes you need someone else."

She called around a strong support system of coaches, friends and her mother who finally gave her the start of her own back after an over-

confident Stiles pushed out by a second podium finisher.

With her backbone in check, Stiles prepared and headed off to Sydney for the 2000 Paralympics.

It sounded like thunder in the distance. It got louder and louder and when it walked out it became a roar. Stiles said about her experience at the Opening Ceremonies: "It was the proudest moment I ever had as a Canadian."

Her first swim didn't go well as her supplies slipped in the final race and she failed to medal. But, she went down to anchor the 4 x 100 relay team.

She said she gave it every thing she had in that last leg of the relay (which she did).

**Never build a wishbone where your backbone is supposed to be**  
— Daria Stiles

The Canadian team won the gold medal. In fact, they won the previous world record by 25 seconds.

After the race Stiles made her way to the podium to receive her medal from the Canadian supporters in the crowd.

She had just pushed a podium man. She didn't need to push it. The relay team came back in 2004 and won silver in Athens Greece.

The two medals were passed around the 100 yards children who adopted and photographed them.

To the world, the team means peace and unity. To athletes, it means the big event is about to happen. It means all of the work and sweat from the start to finish something. Stiles said:

"I challenge you to dream big things. I challenge you to push yourself."

## "Beat the Blues"



Beat the winter blues! In Counselling Services, we recognize our Canadian winter can feel long, which affects our energy levels and moods. Sometimes we need a pick-me-up! Whether you freshly experience the blues during the winter months, recognize you may experience S.A.D. (Seasonal Affective Disorder), feel symptoms of depression, or are just looking for something fun to do and win great prizes, check out the Beat the Blues event!

**WHEN?**  
**TIME?**  
**WHERE?**

Wednesday, February 10<sup>th</sup>, 2009  
9:00 a.m. – 11:30 a.m.  
E-Wing

**RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM.**

**STROKE**  
A leading cause of disability and death in Canada.  
Know the signs. Act fast. Call 911.



For more information, visit [www.stroke.ca](http://www.stroke.ca)